

Full Report (All Nutrients) 45127807, KASHI PIZZA ROASTED VEGETABLE THIN CRUST 5.4OZ, UNPREPARED, GTIN: 00018627102427

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: June 05, 2017 16:45 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Kashi US

Nutrient	Unit	Data points	Std. Error	1 Pizza 153g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	370	242
Protein	g	--	--	14.99	9.80
Total lipid (fat)	g	--	--	11.00	7.19
Carbohydrate, by difference	g	--	--	58.00	37.91
Fiber, total dietary	g	--	--	6.0	3.9
Sugars, total	g	--	--	5.00	3.27
Minerals					
Calcium, Ca	mg	--	--	150	98
Iron, Fe	mg	--	--	1.81	1.18
Potassium, K	mg	--	--	280	183
Sodium, Na	mg	--	--	560	366
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	3.00	1.96
Fatty acids, total monounsaturated	g	--	--	3.99	2.61
Fatty acids, total polyunsaturated	g	--	--	2.00	1.31
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	11	7

Amino Acids

Nutrient	Unit	Data points	Std. Error	1 Pizza 153g	1 Value Per100 g
Other					
Ingredients					
CRUST (WATER, WHEAT FLOUR, WHITE WHOLE WHEAT FLOUR, CRUST MIX WITH KASHI SEVEN WHOLE GRAINS AND SESAME BLEND [WHEAT GLUTEN, WHOLE OAT FLOUR, OAT FIBER, OAT SYRUP SOLIDS, BARLEY MALT EXTRACT, WHOLE TRITICALE FLOUR, BROWN RICE FLOUR, WHOLE HARD RED WHEAT FLOUR, WHOLE RYE FLOUR, SALT, WHOLE BARLEY FLOUR, WHOLE BUCKWHEAT FLOUR, SESAME SEEDS], DEGERMED YELLOW CORN MEAL, GROUND FLAXSEED, YEAST, EXTRA VIRGIN OLIVE OIL, HONEY, WHEAT GLUTEN, WHEAT STARCH, GARLIC POWDER), SAUCE (WATER, TOMATO PASTE [TOMATOES], EXTRA VIRGIN OLIVE OIL, ROASTED GARLIC WITH LEMON JUICE, BALSAMIC VINEGAR, PARMESAN CHEESE [CULTURED PART-SKIM MILK, SALT, ENZYMES], ROMANO CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], DRIED CANE SYRUP, SALT, LEMON JUICE FROM CONCENTRATE [WATER, CONCENTRATED LEMON JUICE], BASIL, CORNSTARCH, GARLIC, BLACK PEPPER, XANTHAN GUM), CHEESE BLEND (MOZZARELLA CHEESE [PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES], PROVOLONE CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES]), BROCCOLI, ARTICHOKE, RED BELL PEPPERS, RED ONION. <i>Date Last Updated by Company:</i> 08/07/2016					